

CREW OFF DUTY

GMT	CREW	ACTIVITY
02:00-02:10	.	Morning inspection
02:10-02:40	.	Post-sleep
02:40-03:30	.	BREAKFAST
05:20-06:20	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 2
06:40-06:55	FE-1	PMC with IBMP specialists regarding Physical Exercise (<i>VHF</i>)
08:00-09:00	.	LUNCH
11:45-14:00	CDR	Physical Exercise (TVIS + RED)
12:15-12:45	FE-1	COX maintenance
12:45-14:15	FE-1	Physical Exercise (TVIS) day 2
14:15-14:30	.	DPC (<i>S-band</i>)
14:30-15:00	.	Daily plan review
15:00-15:30	.	Prep for work
15:30-16:00	.	DINNER
16:00-16:30	.	Daily food prep
16:30-17:30	.	Pre-sleep
17:30-02:00	.	SLEEP
Task List	FE-1	Equipment search
		Photo imagery of videometer target and ЛСВ-М attachment point

Note: See OSTP for references to US activities.
End of radiogram